

J U L Y A E R O B I C S

The Adorni Center

1011 Waterfront Drive
Eureka, CA 95501
441-4248



Monday – Friday 6am – 10pm
Saturday 9am – 9pm
Sunday 9am – 4pm

Level	Class Name	Description of Class
ALL	BODY SCULPT	Dynamic strengthening of all muscles, focusing on the core muscles as well as extremities. Strengthening, sculpting, and muscle balancing from head to toe. The class wraps up with a thorough stretch based on physical therapy, Yoga and Pilates stretch.
ALL	BACK, ABS & GLUTES	Strengthen the most important muscle groups in your entire body: everything between the shoulders and the knees. Stretching included.
ALL	LIGHT & EASY	The perfect class for seniors and the beginning exercisers. Join Donna for a low-impact, range of motion class to help increase muscle strength.
ALL	POWER BALL	Get on the ball! Increase balance, flexibility, posture and strength. A well balanced workout in 45 minutes that will power up your life!
ALL	AEROBICS / STRENGTH COMBO	Half basic aerobics for increased cardiovascular endurance. Half resistance training for increased muscular strength.
ALL	CARDIO CIRCUIT/ STRETCH & CORE	Class meets in the weight room for weight/cardio equipment work followed by ab & back (core strengthening) work and finishes with Stretch and Core.
ALL	FAT BURNER & CORE	Aerobic combo with sculpting for abs, glutes, and arms ending with a cool down stretch.
ALL	POWER WALK & WEIGHTS	Power walk by the bay (25 min), followed by cardio/weight segment in weight room, ending with stretch. (45-60 min.)
1-2	BASIC STEP	In need of a great aerobic workout? Try this step class with simple steps for an intense cardio workout. Low and high intensity variations always available.
ALL	INSPIRED YOGALATES	A new class inspired by both Yoga and Pilates. Using safe, gentle and restorative poses this class is great for opening up any stiff areas of the body. Also focuses on easy core strengthening, learning body alignment and flexibility. An overall great body workout.
1-2	COMBO CLASS	Sweat out tension, stress and extra calories in this fun, high energy (Low Impact) aerobic/body sculpting class while increasing cardiovascular fitness & endurance. Class includes core strengthening followed by a thorough stretch-out.
1-2	WAKE-UP CARDIO	A short warm up followed by 20 minutes of simple but high intensity aerobic activity ending with a stretch.
ALL	YOGA FOR STIFF PEOPLE	A gentle class for people to regain strength, balance and flexibility at their own pace. This class is offered on Wed. & Fri. @ 10am w/Lorna. Please bring a yoga mat.
2-3	STEP & CORE	A fabulous fun and easy workout! Enjoy step and floor combinations for the beginner and advanced (35 minutes) followed by core strengthening. An overall great workout!
ALL	STEP AEROBICS	Missed a weekday workout? Join Mary for an invigorating hour of Step Aerobics on Saturday mornings.
2-3	SWEAT IT OUT	Energy packed aerobic exercises with toning and sculpting for abs, glutes and arms, ending with 30 minutes of relaxing stretches to increase flexibility.



All: All Levels Welcome
1: For Beginners
2: Beginner to Intermediate Exercise
3: Intermediate to Advanced Exercise

